

Margaret Schweinhaut Senior Center

Maryland's First Senior Center - Established 1972



Happenings

September 2018

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Active Aging Week September 23 - 28

Montgomery County celebrates **Active Aging Week - September 23-29, 2018**, a national effort that promotes the benefits of a healthy lifestyle by giving adults over 50 years the opportunity to experience diverse activities and exercise in a safe, friendly and fun atmosphere. This year's theme is "**Inspiring Wellness.**" Agencies and organizations throughout Montgomery County are sponsoring a variety of special events and programs that showcase opportunities for growing, learning, fun and staying fit as we age. **For a full calendar listing of Active Aging Week events, visit www.healthymontgomery.org for date, times, locations and registration information.** #activeagingweek #mocoactiveaging #mocoinspiringwellness

Transportation Expo

Tuesday, October 9 from 9 a.m. - 4 p.m.

In partnership with the AAA Mid-Atlantic Foundation for Safety and Education

Join us to learn about transportation options for seniors in Montgomery County. Discover your perfect fit with CarFit, sit in on a presentation, and visit with vendors.

More information to come in the October Happenings.



**Saturday, September 1 -
Monday, September 3 in
observance of Labor Day.**



1000 Forest Glen Road, Silver Spring, MD 20901

Center Hours: Monday - Friday: 8:15 a.m. to 4 p.m., Saturday: 9 a.m. to 3 p.m.

Front Desk: 240-777-8085

Hablamos Español

Director: Amanda DeFilippo, 240-777-8086



Special Programs

Weekday Programs -Check out our re-occurring programs for additional happenings!

Meet the Friends: Watermelon Social • Wednesday, September 5 • 1:30 - 2:30 p.m. • Almost Café & Patio

Join us for an afternoon meet and greet with the board members of the Friends of MSSC. Watermelon included!

Monthly Coffee with Staff • Thursday, September 6 • 9 - 10 a.m. • Garden Room

Join Amanda and Karen for a cup of coffee and conversation to share your thoughts and ideas for the center.

Fall Prevention • Friday, September 7 • 1 - 2 p.m. • Garden Room

Sponsored by GROWS. Learn how to prevent falls with these simple fall-prevention measures, from reviewing your medications to hazard-proofing your home.

FYZICAL Presentation: Balance • Monday, September 10 • 1 - 2 p.m. • Garden Room

It's Fall Prevention Month! Come and learn from Danielle Tate, Balance Director at FYZICAL of Rockville, about all things fall safety! Danielle will cover reasons why people fall, how to prevent falling, what to do if you fall, and techniques to get up off the floor. She will also demonstrate exercises to improve leg and arm strength!

Blue Zones • Tuesday, September 11 • 1 - 2 p.m. • Garden Room

"Blue Zones" are areas around the world where individuals live full, rich, and active lives well into their 80's, 90's, and 100's. In this presentation, Health & Lifestyle Coach Jeff Hughes will introduce you to the Blue Zones and discuss how you can create your own personal Blue Zone so you too can live a longer, happier, and healthier life.

Stroke Survivors and Volunteering • Tuesday, September 11 • 1 - 2 p.m. • Almost Cafe

Beth Isen and Kathleen Meaney Stobie from the Montgomery County Volunteer Center will speak about volunteering opportunities and tips for stroke survivors.

Stretching: How, Why, & Where • Wednesday, September 12 • 1 - 2:30 p.m. • Garden Room

Presented by Terrie Daniels, Brooke Grove Retirement Village. Learn about when you should stretch and discover moves that can be carried out anytime, anywhere—whether seated or standing.

Flu Clinic with Giant Pharmacy • Thursday, September 13 • 8:30 a.m. - Noon • Garden Room

Flu season is upon us, stop by and get your flu shot. Free for adults 60+ with Medicare Part B Card. Fee for those without a card.

Movie: "Black Panther" (2018) • Monday, September 17 • 1 - 3 p.m. • Garden Room

T'Challa, heir to the hidden but advanced kingdom of Wakanda, must step forward to lead his people into a new future and must confront a challenger from his country's past.

Greatest Legends of Rock and Soul • Tuesday, September 18 • 1 - 2 p.m. • Garden Room

Want to jam to some popular old-school music? Musician Jimi Simon will perform some classics from artists such as Elvis, Ray Charles, Tony Bennett, Fats Domino, Roy Orbison, Jerry Lee Lewis and many more!

Community Quilt • Thursday, September 20 & Tuesday, September 25 • 1 - 3 p.m. • Garden Room

Just bring your good will and come tie quilts for charity with your friends!

Emergency Preparedness • Friday, September 21 • 1 - 2 p.m. • Garden Room

Learn practical information and ideas on improving safety with Joe Corona from the Office of Emergency Management and Homeland Security.

End of Summer Ice Cream Social • Monday, September 24 • 1 - 3 p.m. • Garden Room

Celebrate Summer's end with ukuleles and ice cream! Entertainment provided by the NoVa Ukulele Society. Pre-registration required.

Fall Risk Assessment • Wednesday, September 26 • 1 - 2:30 p.m. • Garden Room

Do you know someone who has fallen recently? Come visit stations run by staff from Adventist Rehabilitation Hospital to receive education about falls and be assessed for your own risk of falls. You will either receive exercises you can do at home or be referred for outpatient physical therapy.

Do you have a suggestion about a new activity or an idea you would like to see at the center? We would love to hear from you!

Please use the suggestion box in the main hallway or email Amanda at amanda.defilippo@montgomerycountymd.gov.

We Want Your Feedback!



Saturday Programs - Bring your weekday working friends with you!

Music & Comedy w/ Tom Delaney • Saturday, September 8 • 11 a.m. - 12 p.m. • Garden Room

Tom blends music and comedy together for a truly entertaining time. His songs include folk, bluegrass, classics and his novelty songs tell stories that will keep everyone on the edge of their seats. Audience participation is encouraged.

Holy Cross Chronic Disease Series (Parts 4, 5, & 6) • Saturday, September 8, 15, & 22 • 12:15 - 2:45 p.m. • Art Room

Learn how to maximize your potential even when a long-term health condition may require you to alter your activities. Find new ways to break the "symptom cycle".

Garden Club Interest Meeting • Saturday, September 8 • 1 - 2 p.m. • Daisy Room

Join us for a Q & A meeting with Paul Mink on gardening techniques, plants, etc.

Flu Clinic with Giant Pharmacy • Saturday, September 15 • 9:30 a.m. - Noon • Garden Room

Flu season is upon us, stop by and get your flu shot. Free for adults 60+ with Medicare Part B Card. Fee for those without a card.

Cardmaking with Cindy Boccucci • Saturday, September 15 • 12:30 - 2:30 p.m. • Daisy Room Join us at the Center to learn how to make your very own cards for any occasion! \$5 fee for materials. Cardmaking kits can also be purchased for an additional \$5.

Movie: "Trail Magic" (2015) • Saturday, September 22 • 10 - 11:30 a.m. • Garden Room

Emma "Grandma" Gatewood's story speaks to the courageous, undaunted spirit of Appalachian people everywhere. Follow the story of the first woman to solo hike the AT.

Movie: "The Appalachian Trail: An American Legacy" (2014) • Saturday, September 29 • 10 - 11:30 a.m. • Garden Room

The AT's rich history comes to life with never before broadcast film footage and photography from a wide variety of sources.

Nutrition Program - Socialize while enjoying a healthy meal!

Monday through Friday • Noon • Almost Café (Auditorium on Thursdays)

The cost of the meal is \$5.72. For people age 60 or older, or a spouse of any age a voluntary contribution is requested. Guests, including caregivers, under age 60 pay full cost. Please contribute as much as you can. Contributions are used to serve more meals. The recommended donation is \$2.00. Please make or cancel your reservations for lunch at Schweinhaut Senior Center, Monday through Friday, by noon a day in advance.

For more information, call 240-777-8085 and ask for the Nutrition Site Manager.

Daily Transportation - Door-to-door daily transportation!

Monday through Thursday • Pick up starts at 7:30 a.m. • Drop off starts at 3 p.m.

Our daily bus to the center is available for pick up in our area. For more information and to see if you are in our pick up area, please call 240-777-8085.

Changes or cancellations, call Evelyn Kittrell at 301-255-4214.

Announcements

Center Closed

The center will be closed from Saturday, September 1 through Monday, September 3 in observance of Labor Day.

Yarn Donations Needed

The Yarners are in need of yarn and baby dolls. Please make sure donations are clean and/or washed. We accept donations year round at our front desk.



Access Cards and Swiping In



Did you know that Recreation Access Cards are free?

By signing up to get an Access Card and swiping in at the Front Desk when come to the center, it allows the

Department of Recreation to keep track of our center's daily usage and supports both program and staff budget requests.

Please help us show how amazing this place is by signing up for your card at the Front Desk and swiping in when you come to visit us.

Re-Occurring Activities

Activities are listed in order by category then alphabetically.

	Activity	Day & Time	Description & Contact	Fee
ART	Ceramics <i>Instructor: Sandra Patterson</i>	Tues. & Thurs. at 9:30 a.m.	A creative class where bisque and greenware become art! You can purchase pieces or bring your own.	\$20 per month
	Collage Meet Up <i>Facilitator: Karen Leeman</i>	2nd Mon. from 1 - 3:45 p.m.	Work on your projects with others who share the same interest. Bring your own supplies.	Free
	Coloring Day	Sat. from 1 - 2:30 p.m.	Join us for relaxation, socialization, and coloring with friends!	\$2 for materials
	Fun with Art <i>Instructor: Sylvia Nicholson</i>	Wed. & Fri. from 10 a.m. - Noon	Discover a new talent. Drawing, watercolor, acrylic, pastel, etc. Bring your own supplies.	Free
	Jewelry 101 <i>Facilitator: Liz Brigham</i>	-	Postponed until further notice.	-
	Learn to Knit	Fri. from 1 - 3 p.m.	Learn to knit from members of The Yarners. Bring your own supplies.	Free
	Origami <i>Facilitator: Lois Dicker</i>	1st Mon. from 1 - 3 p.m.	Learn the Japanese art of paper folding.	Free
	The Yarners <i>Facilitator: Sally Lee</i>	Wed. from 1 - 3 p.m.	Group makes a variety of knitted and crocheted items for area charities.	Free
EDUCATIONAL	Wood Carving	Tues. from 11 a.m. - 1 p.m.	Come in & transform simple pieces of wood into beautiful shapes. Bring your own supplies.	Free
	AARP Safe Driving Course <i>Facilitator: Nina Uzick</i>	3rd Mon. from 10 a.m. - 3:30 p.m.	A one-day course focusing on defensive driving. \$15 for members, \$20 for non-members Checks only. Pre-register at Front Desk.	\$15/\$20
	Antiques & Collectibles <i>Facilitator: Enid Hodes</i>	2nd & 4th Mon. from 10 - 11:30 a.m.	9/10: Beaded jewelry, antique books 9/24: ash trays, old toys	Free
	Book Discussion <i>Facilitator: Karen Ray</i>	4th Thurs. from 1 - 2:30 p.m.	Will discuss <i>Thank You for Being Late: An Optimist's Guide to Thriving in the Age of Accelerations</i> by Thomas L. Friedman.	Free
	Great Scientist Lecture Series <i>Instructor: Alan Breitler</i>	Fri. from 10 - 11:30 a.m.	A lecture series exploring the great scientists, including Galileo, Newton, Curie, and Einstein.	Free
	Italian Language <i>Instructor: Joe D'Amico</i>	Wed. from 1 - 2:30 p.m.	Learn the Italian language as you explore its beautiful culture. Note: Participants must have a working knowledge of Italian.	Free
	Military History and Veterans Group <i>Facilitator: Alan Lewis</i>	1st Tue. from 1 - 3 p.m.	Major Laurence Zimmerman will speak on "Beyond the Monuments Men - Civil Affairs Operations during Desert Storm".	Free
	16th Century English Verse <i>Instructor: Clarence Steinberg</i>	2nd Wed. from 10 a.m. - Noon	Will discuss <i>Norton Anthology of English Literature, Volume 1.</i>	Free
	Shakespeare Book Club <i>Facilitator: Marian Fielder</i>	3rd Thurs. from 1 - 2:30 p.m.	Will discuss <i>The Story of Edgar Sawtelle</i> by David Wroblewski, a modern novel based on <i>Hamlet</i> .	Free
	Writer's Workshop <i>Facilitator: Linda Winter</i>	Tues. from 10:15 - 11:30 a.m.	Enjoy expressing yourself through writing or listening to authors read their prose? Join us!	Free

Activity	Day & Time	Description & Contact	Fee
Advanced Square Dancing <i>Instructors: Betsy & Al Taylor</i>	Fri. from 2 - 2:45 p.m.	For those who have prior experience and are looking to learn more complex figures.	Free
Ballroom Dance <i>Instructors: Ellen Moran & William Goldberg</i>	Wed. from Noon - 1 p.m.	Learn the basic steps, lead and follow, and simple routines. Singles and couples welcome. Followed by Let's Dance!	Free
Beginner Square Dancing <i>Instructors: Betsy & Al Taylor</i>	Fri. from 1 - 1:45 p.m.	Come learn to square dance for a little exercise while socializing and having fun!	Free
<i>Holy Cross Hospital Presents</i> Better Bones <i>Instructors: Karl Haddad (Mon.) & Adriene Buist (Thurs.)</i>	Mon. & Thurs. from 2 - 3 p.m.	Focus on reducing the rate of bone loss and improving balance, flexibility, and enhancing well being. Call 301-754-8800 to register. Physician's consent form required.	Free
Chair Stretch & Strength <i>(Video, No Instructor)</i>	Wed. at 9:30 a.m. Fri. at 8:30 a.m.	This video guided class will improve your ability to be stable, balanced, and mobile. Participate at your own risk. Bring one 2-5 lb. hand weight. Drop In.	Free
Get Moving <i>Instructor: Tony Bryan</i>	Thurs. from 9 - 10 a.m. Current Session 7/19 - 9/13	Focus on balance, range of motion, muscle conditioning and coordination through basic dance steps! Pre-register at the Front Desk.	\$40 per session
Let's Dance <i>Instructors: Ellen Moran & William Goldberg</i>	Wed. from 1 - 2:30 p.m.	Offers a time for practice and fun after our Ballroom Dance class!	Free
Line Dancing <i>Instructors: Myung Anderson (Mon.) & Jo Ann Eng (Sat.)</i>	Mon. from 10:45 - 11:45 a.m. Sat. from 10:30 a.m. - Noon	Learn how to line dance while having fun. These classes will keep you moving.	Free
<i>Holy Cross Hospital & Kaiser Permanente Presents</i> Senior Fit <i>Instructors: Chatarina Lindvall (Mon./Wed./Fri.), Bette Crockett (Tues.) & Ann Johnson or Mary Sue Miranda (Sat.)</i>	Mon./Wed./Fri. at 8:30 a.m. & 9:30 a.m. Tues. at 9 a.m. Sat. at 9:30 a.m.	Focus on increasing strength and muscle endurance while improving balance and flexibility. Call 301-754-8800 to register. Physician's consent form required.	Free
<i>Suburban Hospital Presents</i> Senior Shape Stability Ball Exercise <i>Instructor: Matt Rundell</i>	Tues. from 11 - 11:45 a.m. Current Session 7/3 - 9/25	Exercise on a stability ball, engaging core muscles and building balance. Call 301-896-3939 to register.	\$40 Fee
<i>Suburban Hospital Presents</i> Senior Shape Weight Training <i>Instructor: Matt Rundell</i>	Tues. from 10 - 10:45 a.m. Current Session 7/3 - 9/25	Designed to increase muscular strength, endurance, range of motion and balance. Bring a mat and hand-held weights. Call 301-896-3939 to register.	\$40 Fee
Spinning Wheels <i>Instructor: Donald Lewis</i>	Wed. from 10:30 - 11:30 a.m.	An indoor cycling class with a focus on endurance and strength using special stationary exercise bicycles.	Free
Tai Chi Chuan <i>Instructors: Glenn Moy (Thurs.) & Kirk Talbott (Fri.)</i>	Thurs. from 10 - 11 a.m. Fri. from 1:30 - 2:30 p.m.	An ancient system of physical and mental harmony; an exercise that emphasizes relaxation, balance, and coordination.	Free
Qi Gong <i>Instructor: Mike Kornely</i>	Sat. from Noon - 1 p.m.	Aim to relax your body, calm your mind, and refresh your heart with easy exercises.	Free

	Activity	Day & Time	Description & Contact	Fee
G A M E S	BINGO!	Mon. & Thurs. from 10:30 - 11:30 a.m.	Win prizes and have fun! Maximum two cards per person.	\$1
	Bocce Ball	Wed. from 1 - 2:30 p.m.	Relaxed but strategic game with an ancient lineage.	Free
	Card Games	Wed. at 11 a.m.	Drop in to play your favorite card games before lunch.	Free
	Duplicate Bridge <i>Facilitator: Jim Campbell</i>	Tues. & Thurs. at 12:30 p.m.	Play in an ACBL sanctioned game. Open to all seniors with or without a partner.	\$5
	Game On! <i>Facilitator: Liz Brigham</i>	Tues. & Fri. from 10 a.m. - 3:45 p.m.	Play a variety of board games with other participants.	Free
	Mah Jongg	Tues. at 10 a.m.	Individuals of all skills are welcome. Please bring your set.	Free
H E A L T H	Wii Bowling	Wed. from 10:30 a.m. - Noon	Pick up the controller and knock down the pins or make a hole-in-one!	Free
	<i>The Affiliated Sante Group Presents</i> Coping with Change <i>Facilitator: Jamie Lomison</i>	Tues. from 1 - 2 p.m.	A supportive discussion group on dealing with life changes and positively coping with them. Call 301-741-7764 for more information.	Free
	<i>Suburban Hospital Presents</i> Diabetes Support Group <i>Facilitator: Leni Barry</i>	3 rd Wed. from 12:45 - 1:45 p.m.	Facilitated by a HeartWell Nurse, this group is for those living with type 1 or type 2 diabetes, prediabetes, or family members.	Free
	<i>Suburban Hospital Presents</i> Know Your Numbers <i>Facilitator: Leni Barry</i>	Wed. from 10 a.m. - Noon	HeartWell Nurse provides health counseling on vital cardiovascular health numbers (blood pressure, cholesterol, BMI, and blood sugar.)	Free
	Maximizing You! <i>Facilitator:</i> <i>Edie Mahlmann, LCSW</i>	Thurs. from 11 a.m. - Noon	Do something for yourself! This group discusses issues on aging. Learn to live better, be nicer to yourself, and take care of yourself.	Free
	<i>Hospice Caring Presents</i> Spousal/Partner/Parent Loss Support Group <i>Facilitators: Johanna Boyer & Patrick Curtis</i>	Mon. from 1 - 2:30 p.m.	This group provides bereavement support and understanding for people who have lost a spouse, partner, or parent.	Free
M U S I C	<i>Montgomery County Stroke Association Presents</i> Stroke Support Group <i>Facilitator: Janet Gritz & Elaine Perraco</i>	2 nd Tues. from 2 - 3 p.m.	This group provides a forum for learning, listening, and socializing for stroke survivors and caregivers. Free and open to the public.	Free
	Encore Chorale	Mon. from 10:30 a.m. - Noon	Begins 9/10. For more info, call 301-261-5747 or visit www.encorecreativity.org .	Free
	Seasoned Players	4th Wed. from 2:30 - 3:45 p.m.	Come rehearse songs and/or line dances to perform at nursing homes and seniors centers.	Free
S E R V I C E S	<i>Folklore Society of Greater Washington and Carpe Diem Arts Presents</i> Song Circle <i>Facilitator: Fred Stollnitz</i>	3rd Wed. from 1 - 3 p.m.	Come to sing or just listen, but do come to enjoy delightful songs. The song circle is about singing, not talent.	Free
	Mobile Post Office	Wed. from 11:30 a.m. - 12:30 p.m.	Purchase stamps, send a package, mail your letters and more.	TBD
	Senior Services in Montgomery County <i>Facilitator: Anita Joseph</i>	2 nd Tues. from 10:30 - 11:30 a.m.	Call 240-777-1062 to make an appointment for information about senior services, assistance in obtaining services/benefits, and education about offerings available to seniors.	Free

SPORTS

Activity	Day & Time	Description & Contact	Fee
Beginner Pickleball	Fri. from 10:30 a.m. - 12:30 p.m.	Pickleball is a racquet sport that combines elements of badminton, tennis and table tennis.	Free
Billiards	Center Hours	Come on in and shoot some pool! Pool Room is open to everyone.	Free
Billiards League Facilitator: Linda Disharoon	Wed. from 9:30 a.m. - 12:30 p.m.	League will use 4 tables during meeting dates. Currently in session, closed to new participants.	Free
Intermediate Pickleball	Mon. from Noon - 1:45 p.m.	Suitable for players that know the rules and have mastered the basic shots of the game.	Free
Ping Pong	Mon. from Noon - 1:45 p.m. Fri. from 10:30 a.m. - 12:30 p.m.	Ping Pong is a sport in which two or four players hit a lightweight ball back and forth across a table using small paddles.	Free

TECHNOLOGY

<i>Senior Planet Montgomery Presents</i> Beyond the Basics for iPads: The Internet as a Daily Resource	Tues. and Fri. from 2:30 - 3:45 p.m. Current Session 10/12 - 12/21 Orientation 10/5	This 10-week course expands on the concepts and skills taught in the iPad Basics and covers use of the Internet as an everyday resource for practical and enriching activities. Requirements: iPad Basics or familiar with the iPad. Pre-register at the Front Desk, space is limited.	Free
Computer Help <i>Instructor: Satish Shah</i>	Sat. from 10 a.m. - 1 p.m.	Satish Shah will teach basic computer skills. By appointment only. Contact the Front Desk.	Free
<i>Senior Planet Montgomery Presents</i> Connecting in a Digital World: Your Social Life Online and Offline	Tues. and Fri. from 9 - 10:15 a.m. Current Session 10/12 - 12/21 Orientation 10/5	This 10-week course explores how technology impacts society and how we interact with one another. You'll learn in-depth how to use popular social networking sites like Facebook, Twitter, and Instagram, and much more. Requirements: iPad Basics or familiar with the iPad. Pre-register at the Front Desk, space is limited.	Free
<i>Senior Planet Montgomery Presents</i> Explore Tech Lectures	1st Thurs., 2nd Sat. & 4th Thurs. from 1 - 2:30 p.m.	Free lectures that introduce popular tech topics and themes by explaining the general purpose of a device or concept, its usefulness, and in some cases important tips and tricks. No pre-registration required. 9/6: Online Travel Sites 9/8: Online Shopping 9/27: Cloud Storage	Free
<i>Senior Planet Montgomery Presents</i> iPad Basics for Older Adults	Tues. and Fri. from 10:45 a.m. - Noon & 12:45 - 2 p.m. Current Session 10/12 - 12/21 Orientation 10/5	This 10-week course is an introduction to the popular Apple tablet. With hands on support, you'll learn the basics of the iPad and how to use it to browse the web, use e-mail, download apps, and much more. Pre-register at the Front Desk, space is limited.	Free
<i>Senior Planet Montgomery Presents</i> iPad Essentials	Tues. and Fri. from 10:45 a.m. - Noon Current Session 8/21 - 9/21	Currently in session, closed for new participants. Check out our iPad Basic courses starting in October.	Free
<i>TeenWorks Presents</i> Tech Connect Help Bar	To be Announced	-	-



**Community Partnerships
Make Wonderful Things Happen!
Thank you to the following organizations...**

AARP
Affiliated Sante Group
Akhmedova Ballet Academy
Alzheimer's Association
Beacon Newspapers
Carpe Diem Arts
Encore Creativity for Older Adults
The Folklore Society of Greater Washington
Holy Cross Hospital
Hospice Caring
Kaiser Permanente
Military History & Veterans Discussion Group
Montgomery County Stroke Association
Senior Planet Montgomery
South Four Corners Citizens Association
Suburban Hospital
U.S. Postal Service
Woodmoor Pastry Shop

**Support
The Friends of
MSSC, Inc.
For more details,
see the main
office.**

Upcoming Programs – Look at what is coming in October!

Monday, October 1	Movie: "The Blue Planet: Ocean World"
Tuesday, October 2	Re-Wiring your Brain
Thursday, October 4	Explore Tech: Protecting Your Personal Info
Friday, October 5	Movie: "The Blue Planet: Open Ocean"
Saturday, October 6	Akhmedova Ballet Performance
Monday, October 8	Movie: "The Blue Planet: Seasonal Seas"
Tuesday, October 9	Transportation Expo
Tuesday, October 10	Walk Maryland Day
Tuesday, October 10	Energy Action Month: Energy Bingo
Friday, October 12	World Investor Week Presentation
Saturday, October 13	Explore Tech: Internet of Things
Monday, October 15	Movie: "The Blue Planet: Tidal Seas"
Tuesday, October 16	Art History Lecture by Joan Hart
Thursday, October 18	AARP SmartTek
Friday, October 19	Movie: "The Blue Planet: Bonus Material"
Saturday, October 20	Cardmaking with Cindy
Monday, October 22	Seniors on Stage Performance
Tuesday, October 23	Twister Trivia
Wednesday, October 24	Dawn Badrick Performance
Thursday, October 25	Alzheimer's Association Presentation
Friday, October 26	Social Security Planning
Monday, October 29	Game Day with Barbara Bryce
Tuesday, October 30	Halloween Party with Dick Kaufmann

*Please note that the above programs are tentative and changes could be made.
We will make every effort to relay any changes as they occur.*

Community Meetings – Speak with group for more info!

Chic Red Hatters of Merryland	Wednesday, September 12, 2:15 - 3:30 p.m., Art Room
Coin Club	Tuesday, September 11, 7 - 9 p.m., Garden Room
Deaf Seniors of Maryland	Thursday, September 20, 10:30 - 3:30 p.m., Social Hall
REIMW	Wednesday, September 26, 7:30 - 9:30 p.m., Garden
Stamp Club	Tuesday, September 25, 7:30 - 8:30 p.m., Art Room
Trout Club	Wednesday, September 19, 7 - 9 p.m., Garden Room
Wheaton NARFE	Thursday, September 13, 1 - 3 p.m., Garden Room

Montgomery County Recreation has a new online look and a new web address, www.mocorec.com.

The new web address was selected to give residents easier and quicker reference to reaching Montgomery County Recreation online. The redesigned website was created to provide visitors improved access to information about the recreation department's centers, events, programs and services.

Montgomery County Recreation will continue to add more content to the new website to deliver the most up-to-date and relevant information for all of its programs, services and facilities.

Visit the new website, here: www.mocorec.com.

Get our Happenings:

Visit us online at <https://www.montgomerycountymd.gov/rec/Resources/Files/seniors/SSCnewsletter.pdf>

Subscribe to our monthly e-mail at public.govdelivery.com/accounts/MDMONTGOMERY/subscriber/new

Grab a hardcopy from the center or provide six (6) self-addressed, stamped (70¢ Postage) envelopes to receive them in the mail.